

May 25, 2005

Get Moving CHFS! Update

By Patricia Boler

Employees participating in Get Moving CHFS! are in the home stretch. Week 7 is well under way and every team is doing well. The key to Get Moving! success is active participation. Congratulations to every team and team member. You are making CHFS history!



Reporting PAMs

As of Monday, May 23, Get Moving! teams had reported more than 83,300 physical activity miles (PAMs). What an accomplishment you have already achieved!

Captains, please continue to report weekly PAM calculations to Joyce Jennings (CHR mailstop 3C-G). Some of you are a bit overdue in your reporting. Please message Joyce so that all of your teams' hard work can be recorded.

For the latest PAM report, visit <http://chfs.ky.gov/olpa/dc/focus/fw>.

Nearing the finish line

Your overall team goal of 420 PAMs by June 3 is in clear sight. Numerous teams have already gone beyond this original goal.

If your team still has a way to go, take the upcoming three-day Memorial Day weekend to play PAM catch-up. Use this time with family and friends to give yourself a boost in the PAM department. Take a walk or a swim. Play a game of backyard baseball or freeze tag with the kids. Be sure to wear your pedometer and/or keep track of your activity time. Record those PAMs!



Get Moving CHFS! Celebration of Success, June 9

On June 9, CHFS will celebrate the success of Get Moving CHFS! Below you will find the activities planned for that day.

11 a.m. - One-mile walk

A one-mile walk with Secretary Holsinger and First Lady Glenna Fletcher will begin and end at the main CHR Building entrance located at the back of the building (the side facing the main parking lot).

11:30 a.m. - Speakers

Secretary Holsinger and the First Lady will offer their congratulations to Get Moving! participants on their accomplishments. Awards will be distributed by Secretary Holsinger and he will also announce the next wellness initiative: a promotion to encourage participants to improve their diets by consuming more vegetables and fruits, at least 5-a-Day. This component of the wellness initiative is sponsored by the nutrition subcommittee.

Noon - Cook-out

Participants are invited for a cook-out on the cafeteria patio. The menu includes healthy food options and there will be games and activities for all.

Get Moving CHFS! Participant Survey



The end is nearing for the organized physical activity component of our worksite health and wellness initiative and it's important to measure the success of Get Moving CHFS!

Participants are asked to take part in a survey that will help evaluate Get Moving CHFS! by identifying strengths and weaknesses in the project and ways to improve future efforts.

The link below can be used to access the survey site. Once there, choose the "Respond to this Survey" button at the top left of the page. After completing the survey, choose the "Save and Close" button, also at the top left of the page, to record your responses.

The information you provide can assist in development of future programs and initiatives. Your thoughts and ideas are important to CHFS!

Take the survey by visiting the following Web site: <http://oit.chfsnet.ky.gov/sites/Wellness/Survey/Lists/Get%20Moving%20CHFS%20Survey/overview.aspx>

Get Moving CHFS! Exercise is becoming a habit

Teams are beginning to depend on exercise as a way to lose weight, improve health and reduce stress.



Techs in Motion

Team captain Janie Butler and team members Ben Popp, Jo Woods and Samantha (Sam) Stamper get a lot of PAMs walking as part of their daily job duties.

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"Each of us gets about 15 PAMS each week just walking from the far side of the CHR Building to the far side of the Health Services Building several times a day," Butler said. In addition, they try to make time to walk outside, "usually individually, but sometimes as a group," she said.

"(Get Moving, CHFS!) came at a really good time for all of us," Butler said. "We had been talking about getting in shape, but when this program set a goal, that made it easier to get started. We enjoy walking together - the big plus is that we're getting to know each other better."

In addition to walking and taking the stairs, Butler plays basketball with her daughter; Popp bikes with his daughter; Woods plays soccer with her daughters and Stamper rides her elliptical bike.

No Cents

"We thought our name should reflect our work," said Margaret Wahrer, team captain. "We are part of the Department for Community Based Services budget staff, so it just made sense."

A relatively new non-smoker, Wahrer has been walking every day for more than a year to keep thoughts of smoking out of mind and her weight in check. She arrives at work before 7 a.m. to get in part of her daily three miles and finishes up during part of her lunch hour.

"Get Moving CHFS just fell in line with our personal priorities, as well as our spring activities," Wahrer said. "We're getting used to it - and it's getting easier to walk the stairs."

In addition to walking, team members Renee Close, Steve Gearheart, Rick Peck and Will Robinson accumulate PAMs by mowing their lawns and doing other yard work. Close and Gearheart also bowl and Peck's four children keep him moving most of the time.

Hotline Hoofers

"Everyone on the team has worked on the Welfare Fraud hotline at one time or another," said Stephanie Whitaker, team captain. "Because we are on different schedules, we don't walk together as a team, but everyone participates and turns in their information each week," she said.

Team members are Robin Cook, Melissa Deaton and Amanda LeFevre. In addition to walking, Deaton, stays busy with weekend farm work and LeFevre plays softball.

"I really wish I had more time to walk, but I work two jobs," Whitaker said. "I like keeping the totals each week, because that makes me think about it all the time. So far

we've walked 315.2 miles. I'm sure we're going to reach the goal."

Whitaker is looking forward to the Get Moving CHFS! nutrition emphasis which begins in June.

Pavement Pushers

Heather Bivens, team captain, says she and members Nancy Peach, Charlene Powell and Kedra Weinraugh are serious about Get Moving CHFS!, but Peach is "carrying" the three other members with her PAMs.

"She's averaging 70 PAMs every two weeks," Bivens said. "I'm only averaging 30 PAMs a week, mostly because I have a 6-year-old who keeps me moving."

Every member is focused on walking, both at home and work. Weinraugh, however, is competing with her husband to see who gets in the most miles. She also works out at a gym.

All are planning to join a noontime exercise class scheduled to begin soon at the Fair Oaks building in Frankfort.

Keep an eye on this team. They racked up a total of 609.74 miles for Week 5.

Get hearing checked during May

An estimated 400,000 Kentuckians are deaf or hard of hearing, but many more may not be aware they have a hearing loss and sought help because it often happens gradually. The Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) is encouraging Kentuckians to have their hearing tested during Better Speech and Hearing Month in May.



"People can experience hearing loss at any age for a variety of reasons," said KCDHH Executive Director Bobbie Beth Scoggins. "Hearing loss can be sudden or gradual and can be caused by noise, disease, accident, heredity or aging."

Scoggins said it is important for Kentuckians to have their hearing tested if they experience any changes in their hearing because treatment, services and assistive listening devices are available.

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CHFS FOCUS on Wellness

"Unfortunately, many citizens are not aware of the multitude of state and national resources that are available to them. This is where the Kentucky Commission on the Deaf and Hard of Hearing can help as an information, referral and advocacy agency," said Scoggins.

KCDHH has a resource library in Frankfort that can be accessed in person or through the mail for people who do not live near Frankfort, Scoggins said. Books and videotapes on topics ranging from coping with a hearing loss to assistive devices, legal rights and parenting a child with a hearing loss are available through the library. KCDHH also distributes free specialized telephone equipment to any Kentucky resident with a hearing loss or speech impairment that affects his ability to effectively communicate using a regular telephone.

For more information about KCDHH services, contact the commission toll-free at 1-800-372-2907 (V/T) or (502) 673-2604 (V/T) or online at www.kcdhh.org. The commission and the resource library are located at 632 Versailles Road in Frankfort.

Scoggins said that hearing loss is one of the most common conditions affecting older adults and may be hard to detect because it usually happens over time. One in three people older than 60 has a hearing loss and that is expected to increase as the baby boomer generation ages, according to the National Institute on Deafness and Other Communication Disorders (NIDCD). While hearing loss can cause embarrassment and frustration, it also can be a dangerous problem when a person can't hear sirens, warnings, alarms or understand a doctor's instructions. It can also make persons with hearing loss feel isolated.

NIDCD offers the following self-assessment quiz to see if you are having problems.

1. Do I have a problem hearing on the telephone?
2. Do I have trouble hearing when there is noise in the background?
3. Is it hard for me to follow a conversation when two or more people talk at once?
4. Do I have to strain to understand a conversation?
5. Do many people I talk to seem to mumble (or not speak clearly)?
6. Do I misunderstand what others are saying and respond inappropriately?
7. Do I often ask people to repeat themselves?
8. Do I have trouble understanding the speech of women and children?
9. Do people complain that I turn the TV volume up too high?
10. Do I hear a ringing, roaring or hissing sound a lot?
11. Do some sounds seem too loud?

If you answered yes to three or more of these questions, you may have a hearing problem that should be checked by a hearing professional.

Scoggins said people need to take steps to protect their hearing, such as wearing earplugs in noisy environments. According to NIDCD, more than 30 million Americans are exposed to hazardous noise levels on a regular basis at home, work or during recreational activities. It's also important for parents to protect their children's hearing from hazardous noise, Scoggins said.

KCDHH is an agency of the Kentucky Education Cabinet. The Education Cabinet coordinates learning programs from P-16, and manages and supports training and employment functions in the Department for Workforce Investment. For more information about our programs, visit www.educationcabinet.ky.gov or www.kcdhh.ky.gov or call (502) 564-6606.

Blood drive to be held May 31 and June 1

The Central Kentucky Blood Center (CKBC) will hold a blood drive May 31 and June 1 at the CHR Building.

The CKBC is a nonprofit community blood center serving the blood needs of 67 hospitals and clinics in 61 Kentucky counties.



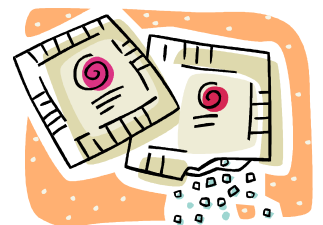
Employees should review the CHFS Blood Donation Leave procedure at http://cfcnet.ky.gov/Agencies/ohrm/Personnel_Manual/Blood_Donation_Leave.html.

Sweet or not sweet?

*By DeBorah Basemore,
Commission for Children with
Special Health Care Needs*

Is the artificial sweetener aspartame safe? Several diet and sugar-free products contain aspartame and numerous reports have been issued on the dangerous effects associated with aspartame. At the same time, information is also available that contradicts these reports.

So the question is: "Sweet or not sweet?" You decide.



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A researcher named James Schlatter discovered aspartame in 1965 while conducting research on amino acids, which are proteins used to treat ulcers. Schlatter noted the sweet flavor of aspartame, and so began the explosion of "sugar-free" food and beverage alternatives.

In 1981, scientific studies conducted by the Food and Drug Administration (FDA) determined that aspartame was safe to use in foods. The FDA calls aspartame one of the most tested and studied additives ever approved by their agency. The FDA claims more than 100 toxicology studies have been performed on aspartame and it has been found safe for the general population.

Aspartame is sold under trademark names such as Equal and NutraSweet.

According to H. J. Roberts, MD, products containing aspartame can have neurologic, metabolic, allergenic, fetal and carcinogenic effects. Dr. Roberts has studied the illnesses associated with aspartame for two decades.

In 1988, physical and psychological side effects were reported to the FDA from various consumers. Dr. Roberts believes that the FDA continues to deny the illnesses associated with aspartame. He believes aspartame is an "imminent public health threat."

Phenylalanine is a neurotoxin found in aspartame that causes neurons in the brain to become hyperactive. An excess of phenylalanine in the diet can trigger disorders such as ADD/ADHD, emotional/behavioral problems or even irreversible brain damage - if consumed during pregnancy.

Individuals diagnosed with Phenylketonuric (PKU) can have serious reactions to the phenylalanine found in aspartame. Every infant born in Kentucky is screened for four genetic disorders, including PKU, thyroid, galactosemia and sickle cell syndromes. Sensitivity to phenylalanine or carrier status for PKU can be determined by obtaining a simple blood test.

More than two-thirds of the population consumes aspartame in products ranging from diet sodas to chewing gum.

The following are some of the side effects associated with aspartame:

- Blindness, bulging eyes, eye pain, decreased tears
- Ringing in the ears, hearing impairment
- Seizures, headaches, migraines, dizziness, numbness of limbs, hyperactivity, tremors
- Depression, aggression, ADD, ADHD, personality changes, suicidal tendencies

- Chest pains, shortness of breath, high blood pressure
- Abdominal pain, diarrhea, bloody stools
- Skin disorders, allergies, lip and mouth reaction
- Thinning of hair, loss of control with diabetes, hyperglycemia or hypoglycemia
- Birth defects, irreversible brain damage.

Side effects from aspartame can trigger and mimic chronic fatigue syndrome, Grave's disease, multiple sclerosis (MS), fibromyalgia, lupus, ALS (Lou Gherig's Disease) and lymphoma.

If you are concerned about your intake of aspartame, be sure to read food labels carefully and think twice before sprinkling on that tiny packet of artificial sweetener.

Parent Newsletter available from KDE

Parents of school-age children can receive helpful information related to education and child development from the Kentucky Department of Education.



Twice a month, the department will send out a free electronic newsletter by e-mail called ParentInfo that includes brief features on school testing, child health and help with homework as well as other topics.

To receive ParentInfo, parents can register by going to the following Web site: www.education.ky.gov. Enter "parentinfo" in the keyword/search box, then click Search. This will take you to the subscription page for ParentInfo.